

MAY 2019

BAY Group Ex

ATHLETIC CLUB

Monday

6:00 Body Blast (Courtney)
 7:30 Step/Strength (Cindy)
 9:00 Body Blast (Tracie)
 12:15 Strength Express (Trina)
 4:15 Body Blast (Amanda)
 5:00 Abs Express (Dorothy)
 5:30 Turbo (Sarah)
 5:30 *TRX @ Urban (Jerome)
 6:30 Yoga @ Urban (Cheryl)

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6:00 Body Blast (Courtney)
 7:30 Step/Strength (Cindy)
 9:00 Body Blast (Tracie)
 12:15 Strength Express (Tracie)
 4:15 Body Blast (Amanda)
5:00 Abs Express (Courtney)
 5:30 Combat (Amanda)
 5:30 *TRX @ Urban (Jerome)
 6:30 Yoga @ Urban (Cheryl)

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6:00 Body Blast (Courtney)
 7:30 Step/Strength (Cindy)
 9:00 Body Blast (Courtney)
 12:15 Strength Express (Sarah)
 4:15 Body Blast (Chris)
 5:00 Abs Express (Dorothy)
 5:30 Turbo (Trina)
 5:30 *TRX @ Urban (Jerome)
 6:30 Yoga @ Urban (Cheryl)

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BAC OPEN 7:30am to 1:00pm



SPECIAL WORKOUT in the BAC Studio: 9:00 Memorial Day Meltdown (Trina)

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Tuesday

6:00 Strength (Courtney)
 7:30 Yoga Release (Amy)
 9:00 PiYo Strength (Tracie)
 12:15 Body Blast Express (Ami)
 4:15 Strength (Amy)
 5:00 Step Express (Dorothy)
 5:30 Urban Ride Mix (Amanda)
 5:35 Lift & Shred (Sarah)
 6:30 Ballet Fit Express (Lara)

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6:00 Strength (Courtney)
 7:30 Yoga Release (Kelly)
 9:00 PiYo Strength (Tracie)
 12:15 Body Blast Express (Ami)
 4:15 Strength (Sarah)
 5:00 Step Express (Ami)
 5:30 Urban Ride Mix (Tracie)
 5:35 Lift & Shred (Amy)
 6:30 Ballet Fit Express (Lara)

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6:00 Strength (Courtney)
 7:30 Yoga Release (Amy)
 9:00 PiYo Strength (Sarah)
 12:15 Body Blast Express (Ami)
 4:15 Strength (Amy)
 5:00 Step Express (Dorothy)
 5:30 Urban Ride Mix (Eric)
 5:35 Lift & Shred (Sarah)
 6:30 Ballet Fit Express (Cheryl)

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6:00 Strength (Courtney)
 7:30 Yoga Release (Kelly)
 9:00 PiYo Strength (Tracie)
 12:15 Body Blast Express (Ami)
 4:15 Strength (Amy)
 5:00 Step Express (Dorothy)
 5:30 Urban Ride Mix (Tracie)
 5:35 Lift & Shred (Cindy)
 6:30 Ballet Fit Express (Lara)

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Wednesday

6:00 Lift & Shred (Tracie)
 6:00 *Urban Ride (Sam)
 7:30 Abs (Cindy)
 9:00 Pilates (Kelly)
 12:15 Pilates Express (Trina)
 4:15 PiYo Strength (Sarah)
 5:30 Body Blast (Courtney)
 5:30 Urban Strength (Eric)
 6:30 Yoga (Cheryl)

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6:00 Lift & Shred (Amy)
 6:00 *Urban Ride (Sam)
 7:30 Abs (Cindy)
 9:00 Pilates (Kelly)
 12:15 Pilates Express (Trina)
 4:15 PiYo Strength (Sarah)
 5:30 Body Blast (Courtney)
 5:30 Urban Strength (Eric)
 6:30 Yoga (Amy)

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6:00 Lift & Shred (Tracie)
 6:00 *Urban Ride (Sam)
 7:30 Abs (Cindy)
 9:00 Pilates (Kelly)
 12:15 Pilates Express (Trina)
 4:15 PiYo Strength (Sarah)
 5:30 Urban Ride Mix (Courtney)
 5:30 Urban Strength (Eric)
 6:30 Yoga (Margaret)

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6:00 Lift & Shred (Amy)
 6:00 *Urban Ride (Sam)
 7:30 Abs (Cindy)
 9:00 Pilates (Kelly)
 12:15 Pilates Express (Kelly)
 4:15 PiYo Strength (Sarah)
 5:30 Body Blast (Courtney)
 5:30 Urban Strength (Eric)
 6:30 Yoga (Amy)

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6:00 Lift & Shred (Tracie)
 6:00 *Urban Ride (Sam)
 7:30 Abs (Cindy)
 9:00 Pilates (Kelly)
 12:15 Pilates Express (Trina)
 4:15 PiYo Strength (Sarah)
 5:30 Body Blast (Courtney)
 5:30 Urban Strength (Eric)
 6:30 Yoga (Margaret)

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Thursday

6:00 Body Blast (Tracie)
 9:00 Step/Strength (Ami)
 10:00 Simply Fit (Ami)
 12:15 Body Blast Express (Courtney)
4:15 Body Blast (Chris)
 5:00 Strength Express (Chris)
 5:30 CIZE (Sarah)
 5:30 *Urban Ride/Strength (Amanda)

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6:00 Body Blast (Tracie)
 9:00 Step/Strength (Ami)
 10:00 Simply Fit (Ami)
 12:15 Body Blast Express (Courtney)
 4:15 Body Blast (Chris)
 5:00 Strength Express (Chris)
 5:30 CIZE (Sarah)
 5:30 *Urban Ride/Strength (Dorothy)

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6:00 Body Blast (Courtney)
 9:00 Step/Strength (Ami)
 10:00 Simply Fit (Ami)
 12:15 Body Blast Express (Courtney)
 4:15 Body Blast (Amanda)
 5:00 Strength Express (Amanda)
 5:30 CIZE (Sarah)
 5:30 *Urban Ride/Strength (Dorothy)

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6:00 Body Blast (Tracie)
 9:00 Step/Strength (Ami)
 10:00 Simply Fit (Ami)
 12:15 Body Blast Express (Courtney)
 4:15 Body Blast (Chris)
 5:00 Strength Express (Chris)
 5:30 CIZE (Sarah)
 5:30 *Urban Ride/Strength (Dorothy)

23

6:00 Body Blast (Tracie)
 9:00 Step/Strength (Ami)
 10:00 Simply Fit (Ami)
 12:15 Body Blast Express (Courtney)
 4:15 Body Blast (Chris)
 5:00 Strength Express (Chris)
 5:30 CIZE (Sarah)
 5:30 *Urban Ride/Strength (Dorothy)

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Friday

6:00 Yoga Core (Amy)
 6:00 *Urban Ride/Strength (Tracie)
 9:00 Strength Circuits (Lara)
 9:35 Ballet Fit (Lara)
 11:00 Lift & Shred (Amanda)
 12:15 Power Yoga Express (Kelly)
 5:30pm SWEAT FOR A CAUSE URBAN RIDE MIX (Courtney)
Benefits Dogmen 17U Baseball Team, Suggested donation, \$5

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6:00 Yoga Core (Amy)
 6:00 *Urban Ride/Strength (Tracie)
 9:00 Strength Circuits (Lara)
 9:35 Ballet Fit (Lara)
 11:00 Lift & Shred (Amanda)
 12:15 Power Yoga Express (Kelly)

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6:00 Yoga Core (Amy)
 6:00 *Urban Ride/Strength (Amanda)
 9:00 Strength Circuits (Lara)
 9:35 Ballet Fit (Lara)
 11:00 Lift & Shred (Amanda)
 12:15 Power Yoga Express (Kelly)
 5:30 Special Class: POUND Party @ Bay Urban (Ami)

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6:00 Yoga Core (Amy)
 6:00 *Urban Ride/Strength (Tracie)
 9:00 Strength Circuits (Lara)
 9:35 Ballet Fit (Lara)
 11:00 Lift & Shred (Sarah)
 12:15 Power Yoga Express (Kelly)
 5:30 *BOX90 (Trina)
 See details on reverse

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6:00 Yoga Core (Amy)
 6:00 *Urban Ride/Strength (Tracie)
 9:00 Strength Circuits (Lara)
 9:35 Ballet Fit (Lara)
 11:00 Lift & Shred (Amanda)
 12:15 Power Yoga Express (Lara)
 5:30 Special Class: POUND Party! @ Bay Urban (Ami)

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Saturday/Sunday

7:00 *Urban Ride (Tracie)
 8:00 Urban Mix (Jerome)
 8:30 Step (Ami)
 9:30 Strength (Amy)

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11:15 PiYo (Rexann)
 12:00 Special Class *Urban Box
 5:00 Special Class *Urban Box
 *5pm Bootcamp only sign up at front desk
 Wraps available for purchase

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7:00 *Urban Ride (Amanda)
 8:00 Urban Mix (Amanda)
 8:30 Step (Ami)
 9:30 Strength (Trina)

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11:15 PiYo (Rexann)
 12:00 Speical Class *Urban Box
 5:00 Special Class *Urban Box
 *5pm Bootcamp only sign up at front desk
 Wraps available for purchase

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7:00 *Urban Ride (Sam)
 8:00 Urban Mix (Sam)
 8:30 Step (Ami)
 9:30 Strength (Trina)

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11:15 PiYo (Rexann)
 12:00 Speical Class *Urban Box
 5:00 Special Class *Urban Box
 *5pm Bootcamp only sign up at front desk
 Wraps available for purchase

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7:00 *Urban Ride (Amanda)
 8:00 Urban Mix (Amanda)
 8:30 Step (Ami)
 9:30 Strength (Trina)
 10:00 *YOGA90 (Margaret)
 See details on reverse

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8:30 *RIDE90 (Tracie)
 See details on reverse

11:15 PiYo (Cheryl)

12:00 Speical Class *Urban Box sign up at front desk
 Wraps available for purchase

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*Some classes require advanced sign-up. Call us at 989.356.5600 to reserve your spot!



Hours:
 Mon-Thu 5:30am-8:30pm
 Friday 5:30am-7:30pm
 Saturday 7:30am-4:00pm
 Sunday 11:00am-5:00pm